

IDAHO CONTENT STANDARDS  
GRADE 5  
HEALTH

Standard 1: Healthy Lifestyles

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 1.1: Acquire the essential skills to lead a healthy life.	5.H.1.1.1 Explain the importance of an active lifestyle leading to life-long health. (814.01.a)	5.H.1.1.2 Describe characteristics and causes of diseases and disorders. (814.01.b)	5.H.1.1.3 Describe basic first aid and safety rules. (814.01.c)	5.H.1.1.4 Identify emotions that accompany physical growth and development. (814.01.d)	5.H.1.1.5 Identify the effects of substances and their use and abuse. (814.01.e)	5.H.1.1.6 Identify the strategies for developing healthy eating habits. (814.01.f)	5.H.1.1.7 Recognize factors that affect growth and development. (814.01.g)	5.H.1.1.8 Identify environmental health issues and their relationship to a healthy lifestyle. (814.01.h)			

Standard 2: Risk Taking Behavior

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 2.1: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	5.H.2.1.1 Evaluate healthy living habits that can reduce the risk of illness and injury. (815.01.a)	5.H.2.1.2 Describe behaviors/consequences of drug use. (815.01.b)	5.H.2.1.3 Identify strategies for resisting substance abuse. (815.01.c)	5.H.2.1.4 Explain the impact of risky behaviors on personal and family health. (815.01.d)							

Standard 3: Communication Skills for Healthy Relationships

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 3.1: Demonstrate the ability to use communication skills to enhance health.	5.H.3.1.1 Explain the causes and effects of conflict in schools and families. (816.01.a)	5.H.3.1.2 Demonstrate refusal and decision-making skills that enhance personal relationships including substance use and abuse. (816.01.b)	5.H.3.1.3 Describe how interpersonal communication skills can be used to build interactions between family, friends, and community. (816.01.c)								

Standard 4: Consumer Health

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 4.1: Organize, analyze, and apply health information practices and services appropriate for individual needs.	5.H.4.1.1 Explain the validity of health information, products, and services. (817.01.a)	5.H.4.1.2 List ways the media influences one’s thinking in relation to mental and emotional health, nutrition, and substance abuse. (817.01.b)	5.H.4.1.3 Describe community factors that promote wellness, safety, and disease prevention. (817.01.c)								

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Standard 5: Mental and Emotional Wellness

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
<b>Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.</b>	5.H.5.1.1 Identify skills that positively control and express personal emotions and feelings. <a href="#">(818.01.a)</a>	5.H.5.1.2 Identify and practice effective strategies for stress management. <a href="#">(818.01.b)</a>	5.H.5.1.3 Describe how recreational and leisure time activities promote physical fitness and relieve mental and emotional tensions. <a href="#">(818.01.c)</a>	5.H.5.1.4 Define emotional safety. <a href="#">(818.01.d)</a>	5.H.5.1.5 Identify behaviors that influence the use of alcohol, tobacco, and other drugs. <a href="#">(818.01.e)</a>						